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Twinning: the future for sustainable collaboration

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Introduction

The health inequality between rich and poor countries must be the world's primary health issue, with developing countries carrying 90% of the global burden of disease. Despite this, developing countries have wholly inadequate health resources available and a specific set of problems to manage, making the delivery of even a basic standard of health service impossible [1] (Table 1).

The need for outside help from developed countries is clear. Traditionally, this has taken the form either of

collaboration rather than simply receiving assistance passively.

Why twinning?

Twinning offers advantages over traditional collaboration by establishing regular personal contact between individuals that underpins the link between the respective centres. It ensures that realistic goals can be discussed, and that changes that occur can be closely monitored and adjustments made when appropriate.